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Contains no alum

We unhesitatingly recommend Magic Baking Powder as being the best and purest baking powder possible to produce. It possesses elements of food that have to do the building up of brain and nerve matter and is absolutely free from alum or other injurious substitutes.

LASSO OLD AS HISTORY.
Early Persians Roped in Their Wild Mounds.

The lasso is of great antiquity. It is said to be depicted to the ruins of Nineveh, according to the Badminton Magazine. An early Persian manuscript, preserved in the Escurial, shows a sportsman (whom I suppose royal to his Olympian expression and careless ease) in the act of catching a wild ass with a nicely plated lasso. The monarch bestrides a rather "stubby" looking, dark colored horse, with four white feet, and a white face. A bow, quiver and a saber are hung from his saddle, and a sort of housing half covers the horse. How the wild ass is to be restrained, even by the hand of a monarch, is not at first evident, for the lasso is neither fixed to the saddle after the fashion of the gaucho, nor is a half turn taken around the pommel, in the style adopted by the vaqueros in Mexico and Texas. Apart from this detail, all is as realistically set forth as it would be in a photograph. The horse bears away from the beast lassoed, and the king sits a little to one side, exactly as a western cowboy or an Argentine gaucho sits under similar circumstances. Irides and parcels spring up under the horse's feet, and an applauding group of angels peep out of a cloud, while in the middle distance another Persian gaucho shoots an antelope with an arrow while going at full speed. The Lassoers are said to lasso their reindeer and the Tartars and modern Australians use a rudimentary lasso fixed to a long pole in order to catch wild or refractory horses. The Indians and Croats and Wallachians, with the Hungarians, seem to have used the lasso till about the beginning of the present century. A picture by the German artist Richter shows Polish remounts for the German cavalry being lassoed in the Zvinger at Dresden. The horses look as wild as a Texan broncho or an Argentine "gagual," and the attitude of men and animals and the way the ropes are called and thrown are identical with those depicted in Spanish America to-day. The lasso appears to run through a ring in the pommel of the saddle. It is, however, in Spanish America where the art has been most developed. This is on account of the open country and the vast numbers of wild and semi-wild horses which up to the middle of the present century overspread its plains.

Minard's Liniment for sale everywhere
NURSE CAVELL.

Rev. H. S. T. Gahan, of the Colonial and Continental Church Society, who elected to remain in Brussels, with his wife, during the whole period of the war, told the story at Zlone Cavell of his last interview with Nurse Cavell in prison.

He made her acquaintance first of all, he said, in the nursing home, which Nurse Cavell had made a rendezvous for British and Belgian soldiers, who were assisted to escape across the Dutch frontier.

After her arrest, through the services of a German Protestant military chaplain, Mr. Gahan received permission to see Miss Cavell in prison.

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Remarkable Fuel like our soldiers used overseas. This kind of Fuel helped win the war. Belgian Nukol machinery is now in Canada to help you solve your fuel problem.

See this wonderful new Fuel, NUKOL, at the Canadian National Exhibition.

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on the night before the death sentence was carried out. He met this chaplain, who reminded "I am sorry to say she is to be shot to-morrow morning."

Mr. Gahan continued: "We went to the cell door, and it opened, and Miss Cavell stood in the doorway. I had gone prepared for a very trying scene. There stood my friend, looking as calmly sweet as anyone could look. She was collected and unchanged, except that she appeared better for the enforced rest. The warden withdrew, and we were not interrupted.

"I remember practically all she said. She was thankful for the quiet time, as her life had been such a rush and burden and trial in many respects. She was thankful for the complete solitude, especially during the latter part of her imprisonment. She was not sorry to go, for her life had contained so much trial that she was weary beyond endurance.

"They have treated me very kindly here," she said. "I expected my sentence, but I am glad to die for my country. In the sight of eternity, I know now it is not enough to love your own. You must love all and not hate any."

The little communion vessels were placed on a chair, and after the service Mr. Gahan recited "Aldie With Me." "Nurse Cavell joined under her breath softly," said Mr. Gahan, "and we said it through together, all but one verse. Then I felt I must not stay much longer, for I had been there an hour. I stood up and said 'Good-bye,' and we were face to face. She was looking slightly strained, but nothing more. We shook hands and smiled, and I added, 'We shall meet again. Good-bye!'"

He about his own. He wrote "Omar Khayyam" in all its haunting beauty long before his death, and had a few copies printed, but he seems to have told nobody about it. Another poet found a copy in the twopenny box of a second-hand bookshop, and boomed it into deserved fame.

Everything actually did destroy everything he wrote before "Pauline," and tried to withdraw that from publication in order to burn the last left copy. He did not succeed, but he made it so scarce that a first edition was sold recently for \$490.

Sir Walter Scott threw the first copy of "The Lay of the Last Minstrel" into the fire, and was only persuaded to rewrite it from memory by two friends to whom he had formerly read it. "Even the first of his novels, 'Waverley,' was accidentally fished out of some lumber where it had lain for years little regarded.

Bad Blood Fatal To Good Looks
Easy Enough to Restore Both By a Simple Home Remedy That Costs But a Quarter.

Bad looks and bad health go together. To look young, to be happy, to enjoy life, and be always at your best you must keep your blood pure, your liver active, your bowels well regulated. These are the prime essentials to a happy, healthy old age.

If you want a positive guarantee of good health, you can easily find it in the regular use of Dr. Hamilton's Pills, which for forty years have been keeping thousands of people in the pink of condition. It's no experiment to use Dr. Hamilton's Pills as a regular course of life. They are composed of certain extracts and herbs that search out disease, regulate, tone and strengthen the system.

If in need of better health, if lacking in strength, if subject to headaches, blood disorders, constipation, lack of appetite, and indigestion, 'tis safe to say you will be cured quickest by using Dr. Hamilton's Pills, sold everywhere in 25c boxes.

OUR HARD FATE.
Most of Us Dissatisfied With Our Lot.

As a rule we all hold a grudge against life, because of the one thing that we think should have happened to us and did not. This is not a new idea; it has been worked over and over, but, just the same, if we take the time to look a little more deeply into our hearts than we sometimes like to do we are very likely to find there a certain degree of resentment against life, or fate, or circumstances because some one outstanding thing has not happened to us, something that we would have liked to have happened and which we believe would have contributed in large measure to our happiness. Of course, the something that we have in mind differs with each individual; it may be a blessing that we just missed or something that we never had the least idea of obtaining; it may have to do with our personal happiness or our personal success; it may have been the one thing that would have brought us disappointment, but whatever it was we know that we longed for it with all our heart and because it never happened to us, and never will happen to us as far as we can see, we continue to want it and to feel hurt and injured because we have not obtained it. We may not look upon such a condition as a blessing in disguise because most of us prefer our blessings in plain view and beyond all shadow of doubt or misunderstanding.—Charleston News and Courier.

Minard's Liniment Relieves Neuralgia
NEARLY LOST.

Famous Writings Authors Thought Valueless.

It is said that Kipling's "Recessional" was rescued from his wastepaper basket, and had it not been for the intervention and pleading of a friend that magnificent fragment "Hyperion" would have been put behind the fire by Keats, while even the still more famous "Ode to a Nightingale" was discovered by the same friend behind a pile of books.

Newman thought nothing of his "Dream of Gerontius." We wrote to please himself and would forthwith have burned it. But again a friend stepped in and saved a poem which Elgar had set to splendid music, and which provides one of the finest hymns in the language. "Praise to the Holiest in the Height."

One day Tennyson wrote to "Omar" Fitzgerald, casually mentioning that he had left a few verses behind him in his cupboard at his late lodgings, and would be rather glad to recover them, says the San Francisco Argonaut. Fitz found them among the butter and sugar, written in an old book-keeper's book. They were "In Memoriam."

Fitzgerald thought a great deal about "Alfred's" verses but very lit-

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TO LEARN RUBBER SHOEMAKING
Good Wages Steady Employment
\$1.50 per day while learning.
Board, \$4.50 per week.
Railway fare advanced.

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Heroism That is Real.
For heroism when the engine room of his ship was filled with live steam, Niels Anderson, chief machinist's mate, United States navy, has been given official commendation. The act occurred when the exhaust lines of the steering engine were carried away by the breaking of the filler, causing the engine room to fill with steam. Without hesitation Anderson went down a ladder to the compartment, but was driven back. Again he made two more attempts. The third was successful, and, groping his way through the cloud of steam, he cut it off. Anderson enlisted in the navy at Norfolk, Va., in April, 1898, giving as his home address 2420 South Broad street, Philadelphia.

Minard's Liniment Cures Dandruff
Laugh Was On Farmer.

Society is having a delightful giggle over a story now going the rounds and of which Mrs. Mackay is heroine. Seems that with several other prominent women of the 400, she went in for farming on Long Island, and the brigade was assigned to a farm whose owner had always had a grudge against the rich. He thought that now was his opportunity, and approaching Mrs. Mackay said: "The first thing I'd like you to do is clean out the plasters. Think you can manage it?"

Imagine his amazement and chagrin when the multimillionaire social ascetic smiled and cooed: "Certainly; at home I always attend personally to cleaning out the bird cage."

\$100—REWARD—\$100
Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. **HALL'S CATARRH MEDICINE** is taken internally and acts through the blood on the mucous surfaces of the system. **HALL'S CATARRH MEDICINE** destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$10.00 for any case of Catarrh that **HALL'S CATARRH MEDICINE** fails to cure.
Druggists 75c. Sentimental free.
E. J. Cheney & Co., Toledo, Ohio.

FOOD FROM AIR.
Chemical Parsons May Yet Make It Possible.

Chemical parsons, although aristocrats of the laboratory and expensive retainers, are cutting down the cost of living for mankind. With their aid it may be possible one of these days to get something very much like beef-steak from the air, just as now with the assistance of these true friends of the race excellent butter substitutes are made from oils. A chemical parson, to use the lingo of the laboratory, is a substance which brings about radical changes without being in the least changed itself. One of the best known of them is nickel, now largely employed in producing valuable substitutes for butter.

Paul Escher, a member of the American Chemical Society and a chemist connected with one of the large Chicago packing houses, says that few realize the extent to which hardened oils are now taking the place of solid fats and butter. The ever increasing population and the continuous decreasing ratio of milk cows have made it necessary to supplement the supply of natural butter by vegetable oils and fats so blended as to resemble butter. The little country of Holland, where this industry has reached a very high stage of perfection, has for years been supplying Europe with Margarine, the better grades of which are difficult to distinguish from the natural products. They are made by heating

the oil and bubbling through it a pure hydrogen gas in the presence of a chemical parson or catalyzer. The parson employed in this hydrogen process, through under pressure, the oil takes up some of the gas and in so doing it changes its internal structure and becomes in cooling a solid, hard fat. In this way it is possible to produce oocan oil butter or peanut butter which can be made into prints under ordinary temperatures.

Lard may also be made so solid that it can be sold in pound packs without the need of a container. Highly refined cottonseed oil, peanut oil, corn oil and the oil from the Chinese soybean or fish oil and cheap grades of vegetable oil can all be converted into a more or less solid fat by this magic process. The degree of hardness depending on the length of the process. The nickel is all removed from the oil before it is sent to the market.

If a process of using nitrogen in place of hydrogen through oil and other liquids were perfected, for that is within the dream of chemistry, a new source of food would become available. By treating glucose, oil or soluble starch in the presence of a catalyzer which would combine them with the nitrogen, it may be possible to produce peptones, which are so plentiful in meat extracts used in the making of soups. It might be feasible to combine these substances into a cream, and thus have synthetic milk and cheese. They might also be converted into albumen, the equivalent of the white of the egg, or into other proteins which figure so prominently in food.—American Chemical Society Bulletin.

5,000 OUT OF WORK
Not men, but corns that were put out of business last week by Putnam's Corn Extractor. No corn can live, it treated by Putnam's. It is safe, painless and sure. Use only Putnam's, 25c at all dealers.

Prosaic Proposals

Perhaps the romantic proposals of fiction are more picturesque than the usual proposals of real life; the fact that lovers are reluctant witnesses make it hard to tell. But certainly the queer or comic proposals and attempted proposals of fiction cannot be any queerer than some of those recorded in actual chronicle of countryside tradition.

Mr. Howells in his reminiscences gives an amusing Middle West example of a country bachelor who belatedly made up his mind to marry, and in his default of female acquaintance took his place on the top rail of a roadside fence and called to the first woman who passed: "Say; You a married woman?"

"And then as the frightened answer indignantly gasped out, 'Yes, sir,' he offered a mere 'Oh!' for an apology, and explanation, and let himself vanish by falling into the cornfield behind him."

Almost equally contemptuous of finesse was a New England bachelor in middle life who had lived contentedly on his farm under the able administration of an aunt only a year or two older than himself. His next-door neighbor, and the owner of a small but cozy farmstead, was a competent and contented spinster, in whom Enos had displayed less than the ordinary neighborly interest. But one day he balled her over the dividing fence: "Hi! Selma!"

Selma did not immediately understand that she was being addressed, and so Enos leaned across the fence and continued shouting "Hi! Hi! Hi! Hi!" until he attracted her attention.

"Well, Enos, what is it?" she inquired turning.

Enos allowed her to walk close to the fence before he replied.

"Aunt Jane's going to get married, so I guess I better, too. What d'ye think about it Selma?"

"I think ye better, Enos."

"Then if ye'll have me, guess I better marry you, Selma."

"Er I will, Enos, I guess ye better."

"Will ye, Selma?"

"I won't, Enos."

"Shucks, Selma, ye better."

"That's your say-so, Enos. My idea is, I bettern't!"

Certainly, whether she would have bettered herself or otherwise, she did not marry Enos, and he remained a bachelor.

Even less of grace and glamor attended the courtship of a prosaic youth by the name of Joseph and

his sweet heart—if that term is not too genteel—the excellent and practical Susannah. Coming up her father's fence lane, Joseph perceived her crossing it at the far end with a bucket of pig wash, and called to her to wait for him.

"Can't stop, Joe, the pigs are waiting!" she shouted back.

"Just a minute, Sue! I got something to say to ye!" yelled Joe.

"Ye can say it after I've fde the pigs!" shrieked Susannah.

Joe broke into a run. As he approached her, where she had paused reluctantly to await him, he panted indignantly, "Ye got to let the darn critters wait for once, Sue! Hang it, I want to propose!"

"Come along and propose then," responded Susannah with sweet encouragement. "Ye can do it while we feed the pigs, can't ye, Joe?"

Joe nodded and did; Susannah accepted him; the pigs were fed. Whether or no the match was made in heaven, it proved as happy as if its atmosphere of early bites on earth had not been mingled with the aroma of the piggens.—Years of My Youth.

Spanking Doesn't Cure!
Don't think children can be cured of bed-wetting by spanking them. The trouble is constitutional, the child cannot help it. I will send FREE to any mother my success. FREE full home treatment, with full instructions. If your children trouble you in this way, send no money, but write me to-day. My treatment is highly recommended to be used with urine difficulties by day or night. Write for free trial treatment.

MRS. M. SUMMERS.
Box 21, Windsor, Ontario.

OYSTER RECIPES

What is more savory and incidentally more easily prepared than a hot oyster dish for the home luncheon or supper?

Many of the methods of cooking these popular shellfish lead themselves to the use of the chafing dish or the small electric grill and prepared in this way they may be cooked at the table for the late supper party or the impromptu "Sunday night high tea," a decided convenience if the maid is absent.

It should be remembered in cooking oysters that as they contain an albuminous substance (which increases in hardness with a high degree of temperature) they should only be subjected for a short time to a low temperature; also bear in mind that 100 to 150 degrees F. is the proper cooking temperature of albumen.

In the following tested recipes will be found some novel and delicious methods of cooking these shellfish to the best advantage.

SAVORY OYSTERS
This is an excellent way to make a small quantity of oysters go a long way. Either troll or lightly pan the oysters. Prepare a rich dressing from grated bread crumbs and add to each pint of the crumbs two tablespoonfuls of chopped parsley, salt and paprika to taste, one teaspoonful of poultry seasoning, two tablespoonfuls of melted butter, one lightly beaten egg and enough oyster liquor to form a mixture that can be molded. Make into small, flat cakes, folding two of the cooked oysters into the centre of each and saute the cakes in hot bacon fat. These are delicious to serve with cold chicken.

OYSTER CLUB SANDWICH
Allow two slices of toast, four oysters, a thin slice of bacon, a crisp lettuce leaf and a little tartare sauce for each portion. Drain each oyster, dry thoroughly and roll in seasoned cracker crumbs; then dip in melted butter and again roll in cracker crumbs. Arrange on a greased oyster broiler and broil until the edges of the shellfish begin to curl. Lay the oysters on a slice of the toast, cover with the other ingredients and serve very hot.

FRICAISE OF OYSTERS
For a pint of oysters, prepare a cupful of thin cream sauce and add half a minced green pepper (parboiled), salt, celery salt and paprika to taste and the drained oysters that have been scalded in their own liquor. Then add half a cupful of grated American cheese, and as soon as it is melted stir in quickly one lightly beaten egg. Serve immediately.

PROPERTIES FOR SALE.

FOR SALE—FOR \$1,200—IMPERTABLE 5-roomed cottage—convenient frame stable, 18 x 22, and one acre of land, with garden and vegetables; situated in village of Seguin Falls. Also 200 acres of meadow and bush land. For particulars apply Angus A. McKinnon, Seguin Falls, Ont.

That Was It.

One of the favorite stories told in army camps in the earlier days of the war was that of the recruit who developed a queer mania very shortly after he had been assigned to a depot regiment. Time and again in barracks and out he was seen picking up pieces of paper from the floor or ground, looking at them muttering, "That's not it," and passing on. He refused to explain his actions. The matter finally came to the attention of his officers, and they had him reported to the attention of a medical board for examination. When he came before the board the recruit grabbed up the papers on the table and looked them all over before he could be prevented. "That's not it," he repeated, as he examined each one feverishly. Finally, after lengthy observation, the medical officers recommended his discharge, via the "s. c. o." route. When the soldier detailed to accompany the apparent lunatic to his home was handed the discharge certificate the cause of it all eluded it and perused it hastily. "That is it!" he yelled. And it was, for the release from the service was permitted to stand.

Use for Prejudice.

Prejudice must serve some useful purpose since we all have it. Demosthenes valued distrust. When the arguments of antecedent probability is shelved for all time there will be no partisans, no nations—only uncareful cemeteries.

FARMS FOR SALE

LARGE NUMBER IMPROVED FARMS for about half cost of improvements, 500 and up; raised in abundance all kinds of vegetables; auto roads; flowing wells, schools, churches, game; have farmed here 25 years; never had crop failure. J. Locking, Emo, Ont., Rainy River Valley.

IF YOU DESIRE TO SELL YOUR farm send me full particulars and have description published in my new Catalogue. No expense whatever to you unless I effect a sale. J. D. Biggar, 205 Clyde Block, Hamilton, Ont.

120 ACRES, PICKERING; EIGHTY Markham; 625 Markham, fine grain and stock farm, one ten per acre, or divide; live stock and a fine home in Markham village. F. K. Reesor, Markham, Ont.

FOR SALE—SHEEP AND HAY ranch, 205 acres, 1,000,000 fine stock; house, barn, about five acres finest black soil, cultivated garden and hay; post office, school, telephone, 15 in. water-main, Canadian Northern Railway, saw mill, planing mill; most beautiful climate in the world; radius 6 miles full climate; fine auto roads; electric wire soon. Reason for selling, Dr. Barker, Happy Valley, Vancouver Island.

SUSQUEHANNA VALLEY FARMS—Dairy and grain; top prices for milk; modern buildings; state roads; estate property, must be sold; it will pay you to tell us what you want, if you are not members of any farm agency, Wheeler & Baber, Skidaw, N. Y.

640 ACRES FOR SALE—3/4 MILES from Wolsley, Sask.; on main line C.P.R.; 82 miles east of Regina; good district; fine farms, school; 450 acres under cultivation; pasture; 1000 acres; all fenced and cross-fenced; good schools; house, also frame house for hired men; implement shed, barn and additions and eight bins; excellent water supply; price \$60.00 per acre; \$5,000 cash, balance cash payments, with interest at 7 per cent.; possession in fall. G. Croome, Drawer E, Wolsley, Sask.

200 ACRES, FINE STOCK AND grain farm, Township of Arthur, County of Wellington, with bank barn 30 x 60, stone house, good orchard, well fenced and fenced, 20 acres hardwood bush, and 150 acres under cultivation. For further particulars for price, terms, etc. Apply to Jas. McMillan & Sons, Mount Forest, Ont.

100 ACRES IN THE TOWNSHIP OF Arthur, County of Wellington, Lot 12, Concession 7, all cleared and in good state of cultivation; with bank barn 30 x 60, log house, two good wells, one from Kenilworth, church, school, and good market. Fine for electric supply to owner, Mrs. Lynch, 600 Crawford St., Toronto, Ont.

FOR SALE—50 ACRES, NORTH HALF lot 6, concession 8, Beverly, 5 miles east of Galt, good buildings, well fenced, well watered, in first class condition. Excellent rural route, school, convenient. A. F. Allan, Galt, Ont., R.R. No. 4.

MISCELLANEOUS

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NEEDLES AND PARTS FOR ALL Sewing Machines. Springs made for Gramophones. J. Jackson & Co., London, Ont.

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Write for Free Book of House Plans, and information telling how you can save two to four hundred dollars on your new home. Address, Halliday Company, 21 Jackson Street East, Hamilton, Ontario.

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SAPPHIRE SWINE (BLUE EGGS) actually blue in color. The blue shogs are no longer an experiment. We have bred them for years for sale. They mature quickly, grow very large and the females are the most prolific breeders on earth. Write for literature. Mention this paper. The Blue Hog Breeding Co., Wilmington, Mass.

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Clear—Clear—Healthy
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W. K. BUCKLEY MANUFACTURING CHEMIST.
97 Dundas St. East, Toronto.

Sir:—Please send me two bottles of your mixture. I enclose ten cents to cover cost of packing and mailing. Do this to-day as for a limited time only I make this offer.

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